

Methamphetamine Fact Sheet

Help Prevent Methamphetamine Use in Maine

What is Methamphetamine?

Methamphetamine - often referred to as “meth” - is an addictive stimulant that users inject, snort, smoke or swallow. It affects the brain and central nervous system.

As meth enters the body, users feel an intense rush followed by a prolonged feeling of well being. As the high wears off, it leaves the user feeling lethargic, irritable, depressed, and with intense cravings for the drug.

Street Names for Methamphetamine

Meth	Speed	Ice	Tweak
Crank	Crystal	Glass	Go-Fast

Pre-made tablets are called YABA tablets.

Note: Methamphetamine is **not** the drug methadone which is a narcotic pain reliever that is used to treat pain and drug addiction.

Methamphetamine Ingredients

Methamphetamine is made using common household chemicals combined with pseudoephedrine or ephedrine—the active ingredient found in cold tablets or diet drugs. Ingredients and supplies can include:

Coffee filters	Starter fluid
Paint Thinner	Aluminum foil
Lithium batteries	Acetone
Cold packs	Drano
Clear plastic tubing	
Fertilizer containing ammonium nitrate	
Matchbook Striker Plates	

Methamphetamine Manufacture

Most methamphetamine in Maine is made by mixing ingredients in containers like 20 ounce plastic soda bottles, known as “one pot” or “shake and bake” labs. Because this method is portable, producers often discard plastic bottles that may contain toxic or flammable chemicals on the side of the road.

One pot labs can be located anywhere. If you find a discarded plastic bottle that contains an unknown substance, do not pick it up or open it. Call your local police or sheriff about the possible danger.

Signs and Symptoms of Methamphetamine Use

- Not sleeping for extended periods of time
- Extreme weight loss
- Dramatic mood swings
- Increased heart rate, blood pressure, and breathing
- Hallucinations
- Paranoia or excessive panic
- Nervous activity
- Irritable, aggressive, even violent behavior
- Open sores caused by picking at the skin
- Tooth decay
- Unpleasant body odor that might smell like glue or mayonnaise
- Unexplained burns from chemicals or fire

Pregnancy & Methamphetamine

Methamphetamine use during pregnancy increases the risk of premature delivery, lower birth weight, learning disabilities and developmental delays. It can also affect development of the baby’s brain, spinal cord and heart.

Concerned about a friend, family member or yourself?

Help is available.

Call the Office of Substance Abuse and Mental Health Services, Information & Resource Center
at **1-800-499-0027**

or

call 2-1-1 (in Maine only, 24 hours a day)

If you are concerned about the safety of a child,

call the DHHS 24-hour Hot Line at:
1-800-452-1999.

IMPORTANT WARNING:

If you suspect methamphetamine production activity always put your own safety first. Leave the scene immediately and contact your local police or sheriff for assistance.